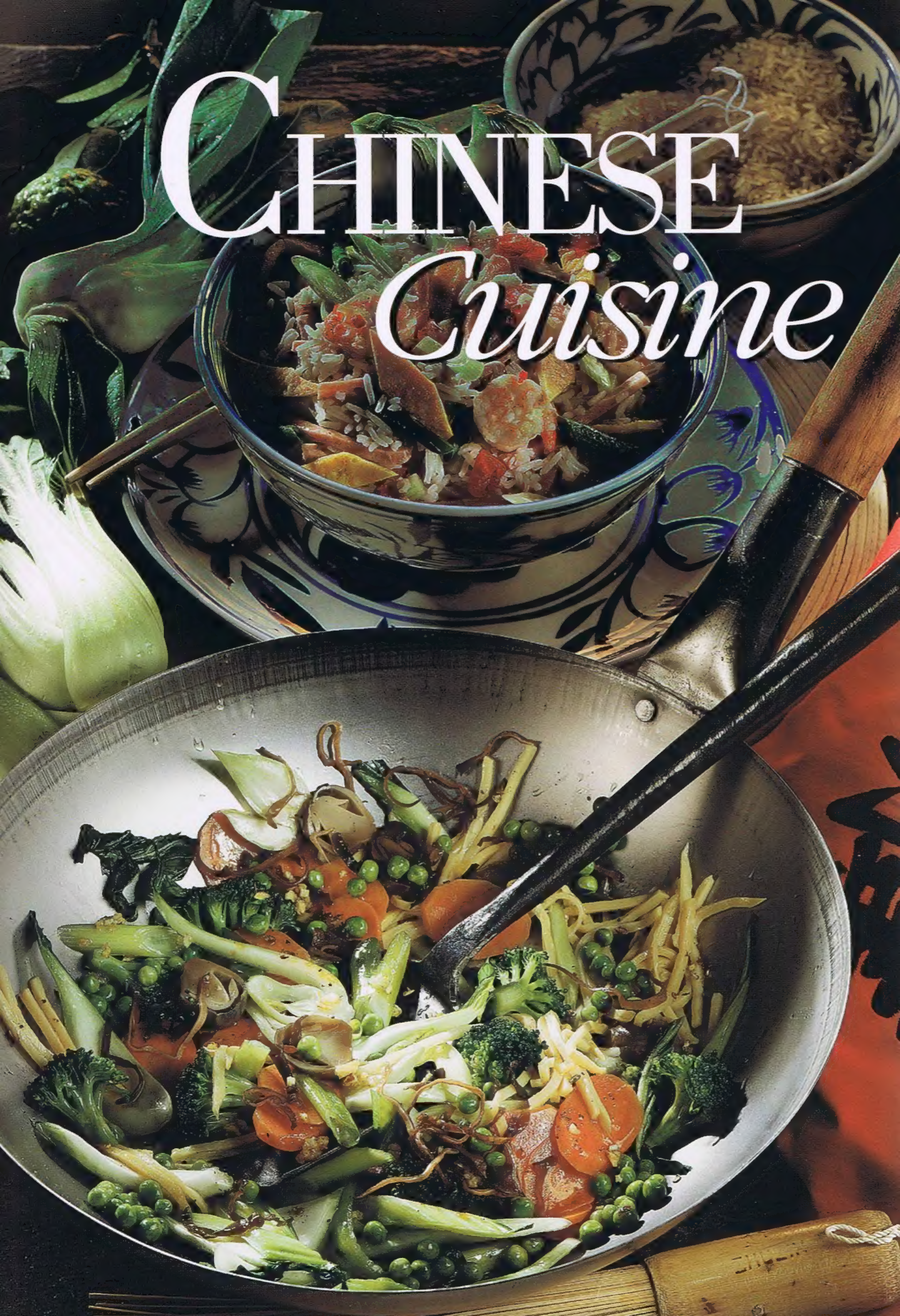
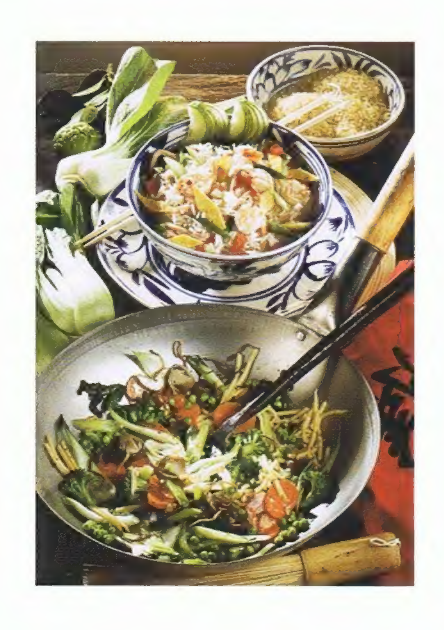
CHINESE Cuisine



CHINESE *Cuisine*



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NB: Recipes using uncooked eggs or meat or fish should be avoided by infants, the elderly, pregnant women and anyone suffering from an illness.

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Stuffed rice balls

Serves 4

Ingredients

- 6½oz (200g) sticky rice
- 16oz (500g) minced pork
- 2 spring onions
- 1-2 cloves garlic
- ¾in (2cm) piece of ginger
- 1 egg
- 2tbsp (30ml) soy sauce
- 1tbsp (15ml) rice wine
- ¼tsp (1ml) pinch of sugar
- Salt as desired
- Breadcrumbs
- 4-6 Chinese cabbage leaves
- Soy sauce for dipping

Method

1 Put the sticky rice into a sieve and rinse with cold water. Put the rice into a pot, cover with water and leave to soak for about 12 hours. Then drain well in a sieve.

2 Put the mince into a bowl. Wash and trim the spring onions, finely chop the white and light green parts and add to the mince.

3 Peel and finely chop the garlic and the ginger and add.

4 Knead in the egg, soy sauce and rice wine, season with salt and sugar.

5 Form the mixture into balls the size of a walnut. If the mixture is too loose, work in some breadcrumbs.

6 Put the drained rice into a shallow bowl and roll the meatballs in the rice, until they are completely covered with rice.

7 Wash the Chinese cabbage leaves, pat dry and lay in a steaming basket. Place the rice balls on the cabbage with spaces between them.

8 Fill a wok with water to such a depth that the water level covers an inch of the basket. Bring the water to a boil. Put a lid on the steaming basket and steam the rice balls for about 30 minutes. Serve with soy sauce.

Rice paper rolls with vegetable filling

Serves 4

Ingredients

- 1 small leek
- 1 large carrot
- 3½oz (100g) chinese cabbage
- 3½oz (100g) shiitake mushrooms
- 3tbsp (45ml) peanut oil
- 1½oz (50g) mung bean sprouts
- 2tbsp (30ml) chopped peanuts
- Salt as desired
- Freshly ground pepper as desired
- 2tbsp (30ml) soy sauce
- ½tsp (2½ml) curry powder
- 1tsp (5ml) chopped mint leaves
- 4 sheets rice paper
- 4 lettuce leaves

Method

1 Trim the leek, cut the white part into thin rings and wash carefully. Peel the carrot, slice thinly lengthwise and then cut into narrow strips. Cut the Chinese cabbage into thin strips. Clean and quarter the mushrooms.

2 Heat the oil in a wok and stir-fry the vegetables until 'al dente'. Add the mung bean sprouts and peanuts and season to taste with salt, pepper, soy sauce, curry powder and mint leaves. Leave to cool.

3 Take a shallow bowl a little bigger than the sheets of rice paper and fill with water. Spread a tea towel beside it and have a second tea towel to hand. Immerse the sheets of rice paper in the water, one at a time, and soak for about 1 minute. Then carefully spread out on the tea towel and pat dry with the second towel.

4 Cover each sheet of softened rice paper with a lettuce leaf and put some of the cooled vegetables on top. Fold two ends of the rice paper rolls over the filling and then roll up from the sides. Fill and roll all the rice paper rolls in the same way.

5 Dip in soy sauce or a spicy vinaigrette.

Chinese soup with wontons, vegetables and glass noodles

Serves 2

Ingredients

- 1 clove garlic
- 2 spring onions
- 3½oz (100g) peeled shrimps
- 2tbsp (30ml) soy sauce
- 1tsp (5ml) lemon juice
- 1 large carrot (peeled and sliced)
- 6 broccoli florets
- 6 baby corncobs (canned)
- 16fl oz (500ml) chicken stock
- 3½oz (100g) tofu
- 2oz (60g) glass noodles
- 6 wontons (frozen)
- 1tbsp (15ml) sesame oil
- 1 small packet prawn crackers
- Fresh basil / freshly chopped coriander leaves (optional)

Method

1 Pour boiling water over the glass noodles and leave to swell. Drain and cut into pieces.

2 Peel and thinly slice the garlic. Trim the spring onions and cut into thin rings.

3 Sprinkle the shrimps with 1tbsp (15ml) soy sauce and lemon juice.

4 Wash the broccoli florets and drain the baby corncobs.

5 Bring the chicken stock to a boil and season with the rest of the soy sauce. Add the garlic, spring onions, carrot, broccoli and corncobs.

6 Cut the tofu into approximately ½in (1cm) pieces. Stir into the soup with the wontons and the shrimps. Leave the soup to boil for a further 5 minutes.

7 Add the noodles to the soup. Ladle the soup into warmed bowls and sprinkle with sesame oil. Serve prawn crackers separately. Fresh basil or freshly chopped coriander leaves would also go well with this soup.

Spicy sour soup

Serves 4

Ingredients

- ½ pack Ramen noodles, frozen
- 20fl oz (600ml) chicken stock
- 1¼oz (40g) fresh shiitake mushrooms, sliced
- 1 chilli, halved and deseeded
- 2oz (60g) soya bean sprouts
- 3tbsp (45ml) rice vinegar
- 1tbsp (15ml) soy sauce
- 1tbsp (15ml) cornflour
- 2tsp (10ml) sesame oil
- 2oz (60g) spring onions, chopped
- 2oz (60g) papaya flesh, diced
- 2oz (60g) natural tofu, diced

Method

1 Put the chicken stock into a pan with the shiitake mushrooms, chilli, soya bean sprouts, rice vinegar and soy sauce and bring to a boil. Bind the soup with the cornflour mixed with a small amount of water to make a paste.

2 Bring the soup to a boil, add the frozen ramen noodles and boil, stirring, for 30 seconds.

3 Add the spring onions, diced papaya and tofu to the soup, reheat, stir in the sesame oil and serve.

Chinese soup with vegetables, glass noodles and shrimps

Serves 4

Ingredients

- 1 cup (250ml) chicken stock (home-made or instant)
- 4 sticks celery
- 2 carrots
- 3½oz (100g) glass noodles
- 16 shrimps, peeled, deveined and cleaned
- 2tbsp (30ml) sesame oil
- 2 slices ginger [each ½in (1cm) thick]
- 3 spring onions
- 10oz (300g) pumpkin or squash
- 2tbsp (30ml) light soy sauce
- Salt as desired
- Freshly ground white pepper as desired

Method

1 Soak the glass noodles in warm water for 10 minutes, drain and cut into pieces approximately 2in (5cm) long.

2 Wash and trim the spring onions and cut into thin rings. Wash and thinly slice the celery (reserve the green leaves). Peel and finely chop the ginger. Peel and finely grate the carrots. Dice the pumpkin or squash.

3 Heat the sesame oil in a pan and sauté the spring onions and carrots. Add the chicken stock and bring to a boil. Add the ginger, celery and pumpkin.

4 Cook the soup over a medium heat for about 5 minutes. Add the shrimps and glass noodles and cook over a very low heat for about 2 minutes.

5 Season to taste with soy sauce, salt and pepper. Serve garnished with celery leaves.

Mie noodle soup

Serves 2

Ingredients

- 1 large carrot
- ½ bunch spring onions
- 1in (2cm) piece of ginger
- 1tbsp (15ml) sesame oil
- 5oz (150g) broccoli florets
- 25fl oz (750ml) vegetable stock
- 1 stalk lemon grass
- 3½oz (100g) Mie noodles (Chinese egg noodles)
- 5oz (150g) peeled prawns
- 1tbsp (15ml) soy sauce
- 2tbsp (30ml) lime juice
- Tabasco sauce (optional)
- Finely chopped coriander leaves (optional)

Method

1 Peel and dice the carrot. Wash and trim the spring onions and cut into rings. Peel and thinly slice the ginger. Heat the sesame oil in a pan. Briefly fry the carrot, spring onions, ginger and broccoli. Deglaze with vegetable stock.

2 Wash and roughly chop the lemon grass and add to the soup. Leave to simmer for about 10 minutes.

3 Four minutes before the end of cooking time, add the noodles (follow the package instructions) and the prawns. Season the soup with soy sauce and lime juice. Season with tabasco and chopped coriander (optional).

Spring onions with alfalfa sprouts and sprout salad

Serves 4

Ingredients

For spring onions with alfalfa sprouts

- 2 bunches of spring onions
- 5oz (150g) alfalfa sprouts
- Juice of 1 lemon
- 1 apple
- 1½oz (50g) tofu
- ½tsp (2½ml) mustard
- ½tsp (2½ml) honey
- 1tbsp (15ml) light soy sauce
- 2tbsp (30ml) white wine vinegar
- 3tbsp (45ml) sunflower oil
- Salt as desired
- Freshly ground pepper as desired

For sprout salad

- 5oz (150g) oyster mushrooms
- 6tbsp (90ml) sesame oil
- 4tbsp (60ml) soy sauce
- Salt as desired
- Freshly ground pepper as desired
- 8oz (250g) mung bean sprouts
- 1 red pepper
- ½ bunch of spring onions
- 3tbsp (45ml) white wine vinegar
- ½tsp (2½ml) honey
- ½tsp (2½ml) sambal oelek
- 1tsp (5ml) freshly grated ginger

Method

For spring onions with alfalfa sprouts

1 Wash and trim the spring onions, cut open lengthways and cut across into approximately 1¼in (3cm) lengths. Rinse the sprouts and leave to drain. Wash and quarter the apple, remove the core and cut into thin slices. Mix the apple slices with the lemon juice.

2 Cut the tofu into small dice and puree with the honey, mustard, soy sauce, vinegar and oil. Season with salt and pepper.

3 Arrange the spring onions on a platter, add the sprouts and the apple slices and pour the salad dressing over.

For sprout salad

1 Clean the oyster mushrooms and cut up either into large pieces or into strips. Sauté quickly in oil over a high heat. Season with 2tbsp (30ml) soy sauce, salt and pepper and set aside.

2 Rinse the mung bean sprouts and leave to drain. Wash and quarter the pepper, deseed, remove all the white inner ribs and cut into fine strips. Wash and trim the spring onions and cut into thin rings.

3 Mix together the vinegar, the remaining soy sauce, honey, sambal oelek and the ginger and beat in the rest of the oil. Mix the sprouts, the vegetables and the mushrooms with the salad dressing and serve.

Main course

Chicken with vegetables

Serves 4

Ingredients

- 19½oz (600g) skinless, boneless chicken breasts
- ¼oz (10g) fresh ginger root
- 2 cloves garlic
- 2oz (60g) spring onions
- 5oz (150g) green beans
- 4oz (120g) green peppers
- 3oz (90g) mangetout
- 3oz (90g) celery
- 3oz (90g) peas (frozen)
- 1 green chilli
- 5fl oz (150ml) chicken stock
- 2tbsp (30ml) sweet chilli sauce
- 2tbsp (30ml) light soy sauce
- Salt as desired
- Freshly ground pepper as desired
- ¼tsp (1ml) cornflour
- 1tbsp (15ml) finely chopped coriander leaves
- 3tbsp (45ml) peanut oil
- Coriander leaves for garnishing

Method

1 Cut the chicken breast into approximately ½in (1cm) cubes.

2 Peel and finely dice the ginger and garlic. Trim the spring onions and cut into approximately 1¼in (3cm) lengths, slightly at an angle.

3 Cut off the ends of the beans and cut these also into 1¼in (2½cm) lengths. Quarter the pepper, remove the stalk, seeds and white inner ribs and cut the flesh into thin strips. Cut off the ends of the mangetout and either leave whole or halve crossways. Trim the celery, pull off any threads and slice thinly crossways. Halve the chilli, remove the stalk, seeds and white inner ribs and finely dice the flesh.

4 Mix the chicken stock, chilli sauce, soy sauce, salt, pepper and cornflour together in a bowl.

5 Heat the oil in a wok, add the meat and fry for 2 minutes over a high heat. Add the ginger and garlic, reduce the heat and fry for a further 2 minutes.

6 Add the spring onions, beans, peppers, celery and the chicken stock mixture, put on a lid and cook for 2-3 minutes more.

7 Add the mangetout, peas and chilli and cook everything for 2-3 more minutes, tossing frequently. Season once more.

8 Add the chopped coriander leaves. Garnish with coriander leaves and serve.

Asian noodle stew with shrimps and mango

Serves 4

Ingredients

- 6½oz (200g) Chinese egg noodles
- 1 bunch spring onions
- 8oz (250g) shrimps (frozen)
- 1¾pints (1 litre) vegetable stock
- 3tbsp (45ml) soy sauce
- Juice of a lemon
- 1tsp (5ml) sambal oelek
- 2tbsp (30ml) mango chutney
- 1 ripe mango, diced
- 2tbsp (30ml) snipped chives
- Salt & freshly ground pepper as desired
- Lime wedges and zest

Method

1 Cook the noodles in salted water according to the instructions on the packet until 'al dente', then drain thoroughly.

2 Trim and wash the spring onions and cut into very thin strips about 2in (5cm) long.

3 Heat the vegetable stock in a pan, add the spring onions, shrimps and noodles and bring to a boil. Simmer for a few minutes and season with soy sauce, lemon juice, sambal oelek, mango chutney, salt and pepper.

4 Serve the noodle stew with the diced mango, chives, lime wedges and lime zest.

Pork strips with vegetables and herb rice

Serves 4

Ingredients

- 20oz (600g) pork (topside)
- 1 clove garlic
- 1½oz (50g) onion
- 5oz (150g) peppers (red, yellow and green)
- 3oz (90g) young yellow courgettes
- 2oz (60g) mangetout
- 1 red chilli
- 1oz (30g) small black olives without stones
- 3tbsp (45ml) olive oil
- 1tsp (5ml) sweet ground paprika
- 6fl oz (190ml) meat stock
- 1tbsp (15ml) chopped herbs (parsley, rosemary, thyme)
- Salt as desired
- Freshly ground pepper as desired

For the herb rice

- 1½oz (50g) white onion
- 1 clove garlic
- 1tbsp (15ml) olive oil
- 8oz (250g) long-grain rice
- 16fl oz (500ml) vegetable stock
- Salt as desired
- 2tbsp (30ml) chopped parsley
- 1tbsp (15ml) chopped chervil
- 2tbsp (30ml) snipped chives
- 1tbsp (15ml) chopped tarragon
- 1tbsp (15ml) chopped basil

Method

1 Cut the meat into thin slices.

2 Peel and finely dice the garlic and onion. Halve the peppers, remove the stalks, seeds and white inner ribs and cut the flesh into ½in (1cm) diamonds. Trim and slice the courgettes. Cut the ends off the mangetout and halve crossways. Trim the chilli and cut into thin rings, removing the seeds.

3 Heat the oil in a frying pan, season the meat with salt and pepper and fry, a few pieces at a time. Take the meat out of the pan.

4 Put the onion and the garlic into the pan and sweat until soft. Add the vegetables, fry all together briefly, return the meat to the pan and sprinkle with paprika. Add the meat stock, sprinkle with herbs and stew for 10 minutes over a low heat, until it thickens slightly. Season once more.

5 For the rice, peel and finely chop the onion and garlic.

6 Heat the oil in a pan and sauté the onion and garlic until soft, but not brown. Add the rice and sauté for 2-3 minutes.

7 Add the vegetable stock, season with salt and bring to a boil. Cover with a lid and simmer for 20 minutes.

8 Stir in the chopped herbs 5 minutes before the end of the cooking time and season again if necessary.

Fried rice with shrimps, chicken breast and vegetables

Serves 4

Ingredients

- 6½oz (200g) rice (suitable for eating with chopsticks)
- ½tsp (2½ml) salt
- 6½oz (200g) shiitake mushrooms (alternatively button mushrooms, oyster mushrooms or soaked and drained jelly ear fungus)
- 8oz (250g) chicken breast fillet
- 6½oz (200g) medium-sized carrots
- 3-4 savoy cabbage leaves
- 3oz (90g) bacon
- 1 small onion
- 2 eggs
- Sea salt as desired
- 4tbsp (60ml) sesame oil
- 3oz (90g) shrimps
- 2tbsp (30ml) soy sauce

Method

1 Cook the rice according to the instructions on the packet. Add ½tsp (2½ml) salt to the water.

2 Clean the shiitake mushrooms, remove the stalks and cut the caps into quarters.

3 Cut the chicken breast fillet, peeled carrots and cabbage into strips.

4 Dice the bacon and onion and fry gently until the onion softens. Add the chicken and sauté in the bacon fat. Add the mushrooms, carrots and cabbage.

5 Beat the eggs with the sea salt and fry an omelette in 2tbsp (30ml) sesame oil. Take out of the pan and cut into pieces.

6 Heat the rest of the oil and quickly sauté the cooked rice, shrimps, all the precooked ingredients and the soy sauce, turning frequently. Serve immediately.

Chicken with oyster sauce and noodles

Serves 4

Ingredients

- 19½oz (600g) chicken breast fillets
- 1tsp (5ml) salt
- 1tsp (5ml) freshly ground pepper
- 4in (10cm) lemon grass
- 6tbsp (90ml) oil
- 1 clove garlic
- 1 spring onion
- 3fl oz (100ml) oyster sauce
- 2tbsp (30ml) light soy sauce
- 1tsp (5ml) sugar
- 32oz (1kg) Udon noodles (frozen)

Method

1 Thaw the noodles. Cook the noodles in boiling, salted water for 30 seconds, then drain.

2 Finely dice the chicken, mix with salt, pepper, 2tbsp (30ml) oil and lemon grass and marinate for 30 minutes.

3 Peel and finely chop the garlic. Wash and finely chop the spring onions.

4 Heat 4tbsp (60ml) oil in a wok and stir-fry the garlic and the spring onions for 30 seconds. Add the chicken and fry for another 1-2 minutes. Season with oyster sauce, soy sauce and sugar.

5 Bring together the drained noodles and the chicken. Toss for a minute and serve hot.

Chicken ragout with vegetables and rice

Serves 2

Ingredients

- 5oz (150g) Basmati rice
- 10fl oz (300ml) water
- 1½tsp (7ml) salt
- 2 small chicken breast fillets
- 2tsp (10ml) cornflour
- 2 spring onions, trimmed and cut into fine rings
- 3 small carrots, with leaves, cleaned and halved or quartered
- 3½oz (100g) fresh soya sprouts
- 2tbsp (30ml) oil
- ½tsp (2½ml) ground ginger
- 2tbsp (30ml) rice wine
- 2tbsp (30ml) soy sauce
- Freshly ground pepper as desired

Method

1 Wash the rice thoroughly in a sieve under running water and bring to a boil in 10fl oz (300ml) water. Add ½tsp (2½ml) salt, cover and cook very gently over a low heat for about 20 minutes.

2 Cut the chicken into thin slices crosswise, season with salt and pepper and sprinkle with cornflour. Mix well and sauté in hot oil, stirring. Remove from the pan and keep warm.

3 Then add the spring onions, carrots and soya sprouts to the pan and cook for about 8 minutes, stirring occasionally. Season with ginger, rice wine and soy sauce, bring to a boil and season with salt and pepper.

4 Serve the vegetables onto plates, scatter the meat over the vegetables and serve with rice.

Chinese stir-fry - fried vegetables with tofu and sesame

Serves 4

Ingredients

- 2 courgettes
- 10oz (315g) mangetout
- 16oz (500g) broccoli
- 2tbsp (30ml) sesame seeds
- 1 bunch spring onions
- 3tbsp (45ml) vegetable oil for frying
- 1tbsp (15ml) vegetable oil for the sauce
- 3tbsp (45ml) light soy sauce
- Juice of half a lemon
- Salt as desired
- 8oz (250g) tofu

Method

1 Wash, peel and halve the courgettes and cut into long sticks. Blanch for 2 minutes in boiling, salted water.
Drain thoroughly.

2 Wash the mangetout and blanch for 4 minutes in boiling, salted water. Drain.

3 Divide the broccoli into florets and blanch for 3 minutes in boiling, salted water. Drain.

4 Wash and trim the spring onions, cut in half lengthwise and blanch for 2 minutes in boiling, salted water. Drain.

5 Heat the oil in a frying pan and stir-fry the vegetables for 1 minute, one after the other. Drain and dice the tofu.

6 Arrange the vegetables and tofu on plates.

7 Mix together the oil, soy sauce, lemon juice and a little salt and drizzle over the vegetables. Sprinkle with sesame seeds.

Beef and vegetable stir-fry with chillies

Serves 4

Ingredients

- 12½oz (400g) beef fillet
- 5tbsp (75ml) soy sauce
- ½oz (15g) dried jelly ear fungus
- 6 spring onions
- 1 carrot
- 3oz (90g) button mushrooms
- 3oz (90g) mangetout
- 3oz (90g) baby corncobs
- 3oz (90g) very thin green beans
- Salt as desired
- 2 cloves garlic
- ½in (1cm) piece fresh ginger
- 2 dried chillies
- 6tbsp (90ml) oil
- Pepper as desired
- ¼tsp (1ml) sugar
- 2tbsp (30ml) dry sherry
- 3tbsp (50ml) stock (instant)

Method

1 Slice the meat very thinly and halve or quarter the slices. Mix with the soy sauce and leave to marinate for about 30 minutes.

2 Pour boiling water over the jelly ear fungus and leave to soak, then chop.

3 Wash and clean the vegetables. Cut the spring onions at an angle into approximately ¾in (2cm) rings. Peel the carrot and cut into thin sticks. Wipe and halve the button mushrooms. Wash the mangetout, baby corncobs and beans. Blanch the beans in boiling, salted water for about 1 minute and refresh in cold water.

4 Peel the garlic and chop very finely. Peel and grate the ginger. Crush the chillies in a mortar.

5 Heat about 4tbsp (60ml) oil in a wok until very hot. Add the chillies, garlic and ginger and fry quickly, then push to the side of the wok. Then add the diced carrots, beans, corncobs, button mushrooms and spring onions to the wok, one after the other, and stir-fry until 'al denté'.

6 Push the vegetables to the side of the wok. Reheat the wok until very hot, add 2tbsp (30ml) oil and stir-fry the meat, a few pieces at a time. Mix with the vegetables.

7 Season with salt, pepper and sugar. Add the soy sauce from the marinade, the sherry and stock, bring up to a boil briefly, then serve.

Asian noodles with chicken, broccoli and radishes

Serves 4

Ingredients

- 13oz (410g) Asian egg noodles
- Salt as desired
- 8oz (250g) chicken breast fillets
- 8oz (250g) broccoli
- 1½oz (50g) mung bean sprouts
- 4 large radishes
- 1¼ in (3cm) piece of lemon grass
- 1 onion
- 2 cloves garlic
- ¾in (2cm) piece ginger
- 4tbsp (60ml) oil
- ½tsp (2½ml) Sambal oelek
- 3tbsp (45ml) soy sauce
- 1tbsp (15ml) palm sugar
- 2tbsp (30ml) light sesame seeds

Method

1 Cook the noodles according to the package instructions, pour off the water, rinse with cold water and leave to drain.

2 Rinse the meat with cold water, pat dry and make grooves on the surface.

3 Clean and wash the broccoli and divide into florets. Rinse the mung bean sprouts with cold water and leave to drain thoroughly.

4 Peel and finely dice the onion. Peel and finely chop the ginger and garlic.

5 Wash, trim and thinly slice the radishes. Trim the lemon grass and cut lengthways into very fine strips.

6 Heat the oil in a wok. Quickly sauté the meat, then add the onions, garlic, ginger, lemon grass and sambal oelek and fry for 3 more minutes. Add the broccoli, radishes and mung bean sprouts, stirring constantly and fry all together for 2 minutes. Then add the noodles, soy sauce and palm sugar and cook for 2 minutes. Season to taste with salt, sprinkle with sesame and serve.

Shanghai stir-fry with pork fillet

Serves 4

Ingredients

- 12½oz (400g) pork fillet
- 4tbsp (60ml) sunflower oil
- 1 pack of ramen noodles, frozen
- 2 shallots, thinly sliced
- 3½oz (100g) chillies (red and yellow), cut into strips
- 2½oz (80g) button mushrooms, sliced
- 4oz (130g) pak choi, shredded
- 2oz (60g) butter
- 1tbsp (15ml) chopped coriander
- 1tsp (5ml) ginger, cut into fine strips

For spicy sauce

- 4fl oz (125ml) oyster sauce
- 1½fl oz (50ml) chicken stock
- 2tbsp (30ml) honey
- 2tbsp (30ml) hoisin sauce (dark plum sauce)
- 2tbsp (30ml) rice vinegar
- 1tbsp (15ml) sherry
- 1tsp (5ml) Chinese curry powder
- 1 clove garlic, finely chopped
- 2tbsp (30ml) sesame oil
- 1tsp (5ml) brown sugar

Method

1 Slice the pork fillet and marinate in sunflower oil.

2 Cook the noodles in boiling water for 30 seconds, drain and cool with cold water.

3 For the sauce, mix all the ingredients.

4 Quickly sauté the pork fillet over a high heat, remove from the pan and keep warm.

5 Fry the vegetables and the mushrooms in the same pan, mix with the spicy sauce and carefully stir in the noodles. Add the butter and the ginger and mix in the meat. Sprinkle the dish with coriander and serve.

Chow mein

Serves 4

Ingredients

- 7oz (225g) dried egg noodles
- 4tsp (20ml) sesame oil
- 3½oz (100g) boneless, skinless chicken breasts, cut into fine shreds 2in (5cm) long
- 2½tbsp (37ml) groundnut oil
- 1tbsp (15ml) finely chopped garlic
- 1¾oz (50g) mangetout, finely shredded
- 1¾oz (50g) cooked ham, finely shredded
- 2tsp (10ml) light soy sauce
- 2tsp (10ml) dark soy sauce
- 1tbsp (15ml) rice wine or sherry
- Salt as desired
- Freshly ground pepper as desired
- ½tsp (2½ml) sugar
- 3tbsp (45ml) finely chopped spring onions

For the marinade

- 2tsp (10ml) light soy sauce
- 2tsp (10ml) rice wine or dry sherry
- 1tsp (5ml) sesame oil
- Salt as desired
- Freshly ground white pepper as desired

Method

1 Cook the noodles in a large pan of boiling water for 3—5 minutes, then drain and plunge into cold water. Drain thoroughly, toss with 3tsp (15ml) of the sesame oil and set aside.

2 Combine the shredded chicken with all the marinade ingredients, mix well and then leave to marinate for about 10 minutes.

3 Heat a wok over a high heat. Add 1tsp (5ml) groundnut oil and when very hot, add the shredded chicken. Stir-fry for about 2 minutes and then transfer to a plate. Wipe the wok clean. Add the noodles, soy sauces, rice wine or sherry, salt, pepper, sugar and spring onions. Stir-fry for 2 minutes. Set aside.

4 Reheat the wok until it is very hot, then add the remaining groundnut oil. When the oil is slightly hot, add the garlic and stir-fry for 10 seconds. Then add the mangetout and ham and stir-fry for about 1 minute.

5 Add the chicken, any left-over marinade and the noodle mixture. Stir-fry for about 3—4 minutes or until the chicken is cooked. Add the remaining sesame oil mix well. Transfer to a warm platter and serve hot.

Sweet potatoes with honey & almond and cocoa cream with peaches

Serves 4

Ingredients

For the sweet potatoes with honey

- 16oz (500g) sweet potatoes
- 3tbsp (45ml) honey
- 1tbsp (15ml) lemon juice
- Salt as desired
- 23fl oz (700ml) water
- Almond powder for garnish

For the almond and cocoa cream with peaches

- 4 moulds 2¾in (7cm) high and 3in (8cm) in diameter
- 3oz (90g) raw peanuts, shelled but with skins
- 13fl oz (400ml) water
- 3oz (90g) sweet almonds, shelled but with skins
- 4 cocktail cherries
- 5fl oz (150ml) cornflour
- 3¼oz (100g) sugar
- 2tbsp (30ml) cocoa powder
- 3 peach halves (canned)

Method

For the sweet potatoes with honey

1 Wash and peel the sweet potatoes and cut into pieces about 2in (5cm) long, ¾in (2cm) wide and ½in (1cm) thick.

2 Put about 16fl oz (500ml) water into a pan and bring to a boil. Add the sweet potatoes, cover and cook over a medium heat for about 5 minutes. Drain.

3 In another pan, boil 7fl oz (200ml) water. Add the honey, lemon juice and salt. Cover and simmer over a low heat for about 15 minutes.

4 When most of the liquid has evaporated, transfer the sweet potatoes to small bowls. Pour the liquid from the pan over the sweet potatoes before serving. Garnish with almond powder.

For the almond and cocoa cream with peaches

1 Soak the peanuts and almonds in warm water for about 20 minutes, then take out and remove the skins. Put into a blender and reduce to a pulp, gradually adding 8fl oz (250ml) water. Strain the mixture through a sieve and discard the coarse pieces of almonds and peanuts.

2 Put 1 cocktail cherry into each mould.

3 Mix the cornflour with 5fl oz (150ml) water. Put the peanut and almond mixture into a pan and bring to a boil, then reduce the temperature to a low heat. Add the sugar to the pan and stir in the mixed cornflour. Cook over a low heat, stirring, for about 5 minutes. Half fill each mould with this mixture.

4 Mix the cocoa powder into the remaining mixture, stir well and fill up the moulds. Put in the fridge for 2-3 hours.

When ready to serve, take out of the fridge and turn out onto four small plates. Thinly slice the peaches and arrange attractively around the cream. Sprinkle each serving with 2tbsp (30ml) peach juice from the tin and serve.

Ice cream sundae with fruit and sago cream

Serves 4

Ingredients

For the sago cream

- 1½oz (50g) pearl sago
- 13fl oz (400ml) coconut milk (canned, sweetened)
- 13fl oz (400ml) water
- 3tbsp (45ml) sugar
- 1tsp (5ml) Bourbon vanilla

For the mango ice cream

- 2 ripe mangoes, about 20oz (600g)
- 3¼oz (100g) sugar
- 2tbsp (30ml) lime juice
- 2tbsp (30ml) orange liqueur
- 9½oz (300g) yoghurt

In addition

Exotic fruit of your choice (pineapple, papaya, oranges, mangoes, lychees...), sliced into wedges or diced.

Method

1 Put the sago into a bowl, cover with hot water and leave to soak for about 10 minutes. Pour into a sieve and leave to drain.

2 Put the coconut milk into a pan with 13fl oz (400ml) water, the vanilla and sugar and bring to a boil. Turn the heat down to the lowest setting, add the sago and simmer over the very low heat, stirring, until the sago is transparent.

3 Peel the mangoes and cut the flesh away from the stones.

4 Put the mango flesh, sugar, lime juice and orange liqueur into a tall beaker and puree with a hand blender. Push the blended fruit through a sieve and whisk in the yoghurt using an electric hand mixer until you have a light, foamy cream.

5 Transfer the mixture to a shallow metal dish, cover and put in the freezer for 3 hours.

6 When the mixture begins to freeze stir with a fork. Repeat three or four times (alternatively finish off in an ice cream maker).

7 Half fill dessert glasses with sago cream and add fruit and mango ice cream. Serve garnished with whipped cream and a cocktail cherry.

Deep fried banana - parcels

Serves 4

Ingredients

- 1 packet wonton wrappers - [3½x3½in (9x9cm)]
- 2tsp (10ml) freshly grated ginger
- 3tsp (15ml) grated lime peel
- 2 medium-size bananas
- 1 egg white
- Oil for frying
- 5oz (150ml) plum sauce (from a jar)

Method

1 Thaw the wonton wrappers.

2 Peel the bananas, cut into ½in (1cm) pieces and mix with the ginger and the lime peel. Put a piece of banana on each wonton wrapper. Brush the edges of the pastry with lightly whisked egg white and press the edges together over the banana pieces.

3 Heat the oil in a wok to about 340°F (170°C) (it is hot enough when bubbles form on the handle of a wooden spoon held in the oil) and fry the wontons, a few at a time, until golden brown.

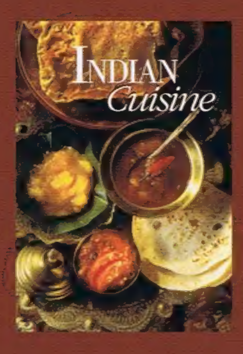
4 Serve the banana parcels with the plum sauce.

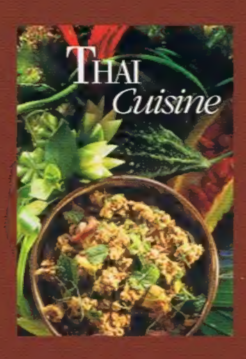
Conversion guide

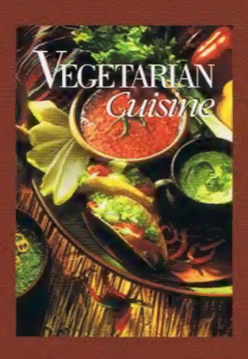
The Conversion guide given below is not an exact equivalent but an approximation, to make your measuring easier.

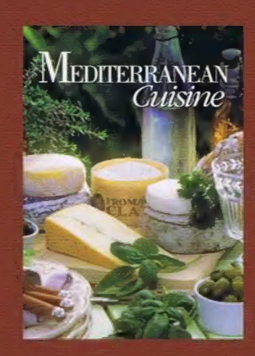
Dry Measures

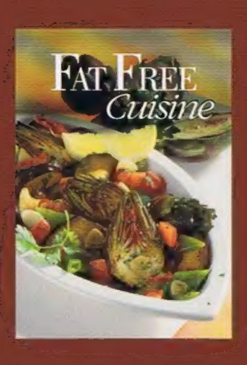
Other Berryland Cookbooks

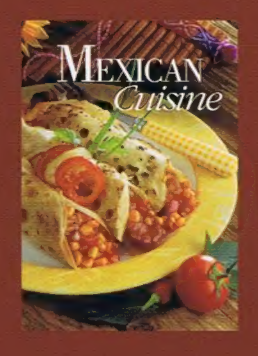


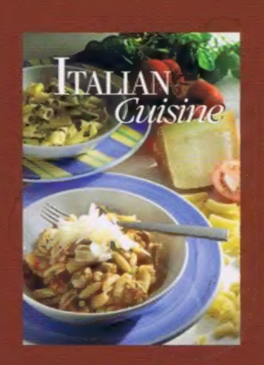


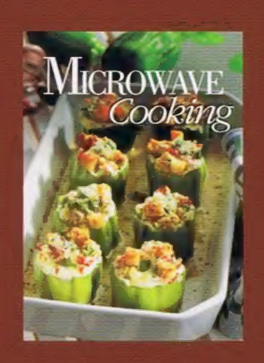












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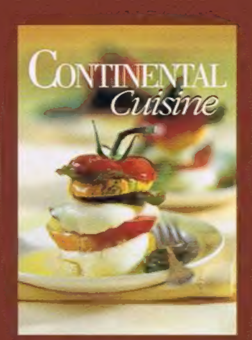

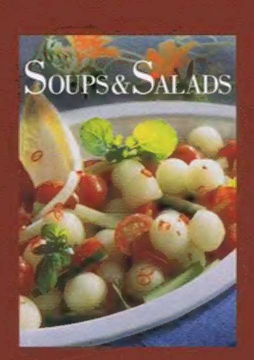

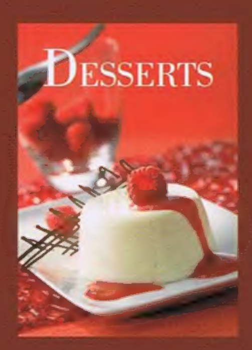

Anita Shan is an accomplished chef with many years of experience in her chosen field. Her recipes are easy to follow and her methods are fast, ensuring a fun, and enjoyable experience for all.

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